

Now we have CBD mouthwash

Oral inflammation isn't just bad for the mouth. It endangers the entire body in ways that include cardiovascular disease, diabetes and pregnancy complications. Fortunately, now we have CBD mouthwash. Even mammoth companies, like Colgate, are making CBD mouthwashes.

Why use mouthwash?

A toothbrush doesn't always reach every part of the mouth or between teeth. Liquids reach inaccessible areas.

Mouthwash is beneficial because toothbrushes don't always reach every part of the mouth or between teeth. Photo: Lars P.

A study proving that CBD mouthwash works

There was an industry-affiliated study by the Belgian company CannIBite, which makes cannabinoid-infused dental products. It was in vitro, ie in a laboratory, and covered 72 adults. On average, CBD mouthwash worked significantly better against bacteria than regular mouthwash. The study was published in the [*Journal of Cannabis Research*](#) on 23 June 2020.

First up, CBD limits biofilms

Biofilms are colonies of bacteria that form on surfaces such as dentures, real teeth and even medical devices. CBD has been shown to significantly disrupt biofilm formation. This reduces harmful bacteria, but not the safe kind; conventional mouthwashes kill both good and bad bacteria. CBD mouthwash also prevents oral infections. The evidence was [a study that recently appeared in the journal *Molecules*](#). This found CBD-infused denture coatings to reduce biofilm formation by 99%.

As usual, CBD relieves inflammation

CBD mouthwash also reduces gum inflammation and irritation, making gums healthier. Gum inflammation is associated with such conditions as gingivitis and periodontitis.

It relieves pain

A recent survey of 2,000 people by *Forbes Health* found that around 60% of adults in the United States employ CBD for pain relief. A review of research in 2017 determined that adults who experienced chronic pain and took CBD

were more likely to have their pain relieved than those who did not. CBD's pain relieving properties are helpful after dental procedures, like fillings, tooth extraction and teeth cleaning, or for toothache. Tooth pain is often caused by inflammation, which has already been covered here.

CBD mouthwash restores pH balance

Acidity levels are numbered from one to 14 and called pH, with lower numbers being more acidic. Seven is neutral. When we consume food and drink that's acidic, mouth pH quickly falls below five. This directly affects the health of our teeth and gums.

Problems arise in mouths with both low and high pH. If it's low, periodontitis (advanced gum disease) is more likely, while if it's high, there's more generalized gingivitis (early-stage gum disease). CBD leads to pH of 7.

CBD reduces dental anxiety

In the Adult Dental Health Survey of 2009, which covered all of the [United Kingdom](#), 12% of adults admitted to extreme dental anxiety, with it being only moderate in 36% of cases. In the [United States](#), it was high in 7% of people and moderate for 19%. It's well-known that [CBD is good for anxiety](#).

CBD mouthwash means there's less antibiotic resistance

Dentists often prescribe antibiotics in response to dental infections. Mass use of antibiotics makes harmful germs resistant to them. These resistant bacteria are often hard to kill, even with the most potent antibiotics. It's much preferable to use CBD.

CBD is good for more than just the mouth

Now we have CBD mouthwash, but CBD benefits far more than just the mouth. It [alleviates haemorrhoids](#), [beats motion sickness](#), [benefits vaginal health](#), [heals bones](#), [is good for kidney stones](#), [makes wounds heal faster](#), [reduces the effects of ageing](#) and [relieves epileptic seizures](#).